



Coffee Cardamom Ice Cream

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



1354 kcal

DESSERT

Ingredients

- 1 tablespoon cardamom pods
- 2 cups cup heavy whipping cream
- 6 egg yolk
- 2 tablespoons ground coffee
- 0.5 teaspoon kosher salt
- 1 cup milk
- 0.8 cup sugar

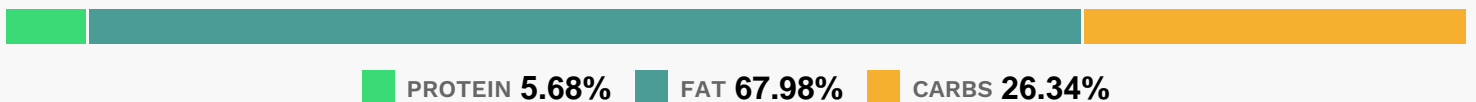
Equipment

- frying pan
- sauce pan
- knife
- whisk
- sieve

Directions

- In a heavy saucepan bring cream and milk to a simmer. While dairy is heating, toast cardamom pods in a dry skillet until aromatic, 1 to 2 minutes, and press down on them to open with the flat side of a knife. When dairy comes to a simmer, remove from heat, stir in cardamom pods, cover, and steep for 30 minutes.
- Bring dairy back to a simmer and stir in ground coffee.
- Remove from heat, cover, and steep for 15 minutes. In another medium saucepan, whisk together egg yolks and sugar until very well combined and slightly thickened.
- Strain dairy into egg mixture through a fine mesh strainer and discard solids.
- Whisk immediately to combine. Cook on medium heat, stirring frequently, until a custard forms on the back of a spoon but a finger swiped across the back leaves a clean line. Strain into an airtight container and stir in salt. Chill custard in refrigerator at least 6 hours and up to overnight.
- The next day, churn according to manufacturer's instructions.
- Transfer ice cream to airtight container and chill in freezer until firm and scoopable, 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:56.55, Glycemic Load:54.58, Inflammation Score:-9, Nutrition Score:26.04739151312%

Nutrients (% of daily need)

Calories: 1354.36kcal (67.72%), Fat: 104.57g (160.88%), Saturated Fat: 62.19g (388.67%), Carbohydrates: 91.15g (30.38%), Net Carbohydrates: 90.31g (32.84%), Sugar: 87.97g (97.74%), Cholesterol: 866.78mg (288.93%), Sodium:

719.2mg (31.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.01mg (3.34%), Protein: 19.67g (39.34%), Vitamin A: 4474.92IU (89.5%), Selenium: 40.15µg (57.36%), Vitamin B2: 0.92mg (54.15%), Vitamin D: 8.07µg (53.77%), Phosphorus: 477.2mg (47.72%), Manganese: 0.88mg (44.07%), Calcium: 389.4mg (38.94%), Vitamin B12: 2.09µg (34.88%), Vitamin B5: 2.68mg (26.77%), Vitamin E: 3.64mg (24.29%), Folate: 88.36µg (22.09%), Vitamin B6: 0.35mg (17.68%), Zinc: 2.55mg (16.98%), Vitamin B1: 0.22mg (14.46%), Potassium: 503.15mg (14.38%), Iron: 2.17mg (12.08%), Magnesium: 40.88mg (10.22%), Vitamin K: 8.36µg (7.96%), Copper: 0.09mg (4.31%), Fiber: 0.84g (3.36%), Vitamin C: 2.06mg (2.49%), Vitamin B3: 0.33mg (1.63%)